

Reaching the Heights @ PHS

Principal's Report: Jane Ferris

Inaugural Distinguished Achievers Assembly

On Thursday we celebrated the successes of the HSC class of 2013, many of whom reached the heights through excellent academic results and personal best. If Band 6 results are a measure of success, this year group excelled in a diverse range of subjects including Biology, Community and Family Studies, Chemistry, Food Technology, Legal Studies, Advanced English, Mathematics and Extension Mathematics, Music and Extension Music, Physics, Senior Science, Textiles and Design, Hospitality, PDHPE, and Swedish. And then of course there were many more Band 5 results. So for a small year group of only 104 students, there were a total of 128 Band 5 and 6 results, that is marks in the 80s and 90s. It was wonderful for these students to come back for us as a school to recognise them as distinguished achievers. Special accolades to Amy L who was our Dux achieving an amazing ATAR of 98.75 with outstanding results in the Sciences and Mathematics. Also congratulations to John F. While still in Year 10 John was an accelerated student in Swedish Continuers through Open High School and not only achieved a Band 6 but was placed fourth in the state.

The school assembly was very receptive to the words of wisdom shared by Amy L, Sarina C, Emma W and Nick N in how they balanced their lives with a strong focus on working hard through the HSC: hints included getting organised, setting goals, studying with a supportive friend, starting tasks sooner rather than later, taking time out for exercise or sport, and making the most of opportunities at the school.

It is right and fitting that we should celebrate such excellence in academic achievement that will provide strong foundations for future learning at University, TAFE and a variety of careers. Indeed it is a strong feature of the culture of this school that together we can celebrate such milestones and encourage each other in the pursuit of excellence. Also we recognise the personal qualities these students have displayed as they have grown into fine young adults making significant contributions to school leadership and community service over the years.

The Heights of Kosciuszko: our students living with cerebral palsy take on the challenge

Year 11 students Meret and Sophie are taking on the amazing challenge of attempting to reach the peak of Mount Kosciuszko ably assisted by their respective support teams. But it is not just about the 18.4km round trip. Seeing these young women's determination and excitement over this event is absolutely inspiring. They have also had great joy in seeing the enthusiasm of fellow students and staff: the prefects have decided that profit from Valentine's Day will go towards this fundraiser. As a school community I encourage you all to show your support of these students by going to www.krazykosciklimb.gofundraise.com.au and finding Team Meret and Team Sophie and making a donation. This event will not only give them increased confidence, but also raise much needed funds for the Cerebral Palsy Alliance specialised equipment and sporting programs for teenagers and adults with intellectual and physical disabilities. Girls, all the best on your crazy climb on 22 February and we all think you are truly awesome!

Enrolments continue to climb

When enrolment demand continues to grow, it is a reflection of the increased standing and reputation of Pittwater High School in the community. To this I would like to firstly thank the students who in the main are great ambassadors for the school with their focus on learning, respect for each other and responsibility in wearing the uniform correctly. Secondly I thank the staff who work hard to ensure that students are challenged and engaged in their learning as well as contributing to many additional activities such as camps, excursions, sport and extracurricular programs. Finally thank you to the parents who take the time to talk to friends in promoting our school and ensuring their children do the right thing. Your support is also appreciated with the [prompt payment of subject fees and school contributions](#). If you need to negotiate a payment plan please contact the school this week.

We have welcomed many new students into Years 8, 9, 10 and 11 this year. We wish them well here at Pittwater High.

A positive start to the year has been made by most students in their attitude to learning, wearing their uniform, being punctual for school and attending all classes. Keep up the great work!

Reminder

Year 10 Information Night is on this Wednesday night (19 February) at 6pm in the hall for parents and students, providing an important opportunity to develop a strong partnership between home and school. The evening's highlights are outlined on the invitation that was emailed home last week and includes information about the ROSA, preparing for senior studies, careers lessons and interviews for goal setting with individual students.

Safe, responsible activity online

I would like to remind all students about using their phones and other technology responsibly, by demonstrating respect for their peers in the school. This includes not taking photos of others without permission or posting inappropriate comments on Facebook and other social media sites such as Kik, a messaging app which is noted by police as "the number 1 social media problem involving teenagers", and yet is not supposed to be used by anyone under 17 years.



For more information please visit <http://www.cybersmart.gov.au/Teens.aspx> to stay up to date with the latest information about the digital world your children are interacting in and how they can protect their 'digital reputation'.

Year 12 students are able to study at home during period 1 each day if they do not have a class in period 0 or 1. Students need to be at school for roll call each day, unless specific arrangements have been made with the school. Students have been booked into study skills sessions in the library during some of their study periods. These sessions are valuable opportunities to develop organisational skills as well as developing strategies for successful essay writing, effective note taking etc.

Year 11 students are to arrive at school by 9am and attend the Senior Learning Centre. All senior students who do not have a lesson period 5 may leave school at the start of late lunch.

School Photos this Thursday 20 February

Please ensure students are in **correct summer school uniform** for their photographs. This includes either a tunic or blue shirt and skirt for all junior girls. Students who are out of uniform will not be able to have their photos taken.

EDiary

We had hoped to launch the Ediary much earlier, however there have been many technical difficulties with the data imports and synchronisation, that we have been working through. We should be up and running by Monday 24 February. Sincere apologies as I know how keen everyone is to start using the electronic form of the diary, but it needs to be right to work effectively.



P&C MEETING to be held on 26 February 2014 at 7:30pm

A special welcome to all new parents to come along and meet other parents and learn more about the school's future direction and your child's education

| CALENDAR | |
|---|------------------------------|
| Wednesday 19 February—6pm—Hall | Year 10 Information Evening |
| Thursday 20 February | School Photos |
| Friday 21 February | PHS Swimming Carnival |
| Wednesday 26 February—7:30pm—Common Room | P&C Meeting |
| Thursday 27 February -7.30pm—School library | Wilmette Information Evening |
| Tuesday 4 March—5:15pm—Hall | Open Night |

ENGLISH

Students in Year 7R English spent a steamy afternoon last period on Friday crafting some unique and imaginative pieces of writing.

THE RAINBOW OF LIFE

It's streaked across walls, strewn through school books, worn on men and women and is given to friends, family, enemies and allies all the same.

This the rainbow of life

Flowing from the pores of the body of emotion, from trees springing with sweet, sticky fruits.

This is the rainbow of life

It flies from the warmth of a married couples first sweet kiss, from the splash of dark mysterious power from an emerald in a wedding ring, as green as the deepest lakes.

This is the rainbow of life

It flows freely from a soldier at war, doing their part to save the world, and the flow of love as families get together from years of separation.

It is leaked from tanks of water given as rations to the children of Africa after months of famine, in the form of smiles dripping with pure yellow happiness.

This is the rainbow of life.

by Heath B

THE ISLAND

The lime-coloured island grass was rustling silently. The intense, tropical scent filled the air. A fresh taste came across the island and the oceans around the island gave off a salty smell.

The ground was pulsing, as a beat to the song of chirping birds.

The wind acted as a harmony, whistling through the trees.

An intense smell of petrol filled the air and the natural orchestra of the island fell quiet as the sound of a rusty, oily engine rumbled towards the island.

The rough-bubbly waves went sour and silent. The sharp, piercing sun was covered by soft, bitter rainclouds.

Suddenly, happiness-devouring water droplets fell.

by Patrick A

DREAMS

Dreams are ideas that people follow,

Treating them as a path so they can be guided.

When obstacles appear, dreams start to go hollow

And if they can actually be achieved it is then decided.

The one thing people look forward to is conquering their dreams,

But once they are broken,

They are left abandoned.

by Flynn R

ENGLISH—Year 10 English Enrichment Class Fantasy Day 2013

What did you do on the last day of school 2013?

Wizards, witches, fairies and angels descended on Pittwater High. We even had a celebrity appearance from Hagrid.

The highlight of the event was a magical-cake bake-off and feast. Teachers and students from varying faculties were called in to judge and in a nail biting finish Taylor Springthorpe was declared the victor with a stellar cake concoction of green frosting highlighting an orange dragon.

The inspiration for Fantasy Day was our study of The Wizard of Earthsea by Ursula Le Guin.



ENGLISH CONT

HAIKUS

A Haiku poem consists of three lines each containing a specific number of syllables 5, 7, 5 respectively

My Ocean

The bright blue ocean

Breaking quickly and softly

Waiting to be surfed

Freedom

Pushed by gentle wind

Birds fly high in the blue sky

Nothing can phase them

by Taylor D 7W

Dinnertime

A chorus of song

Magpies land in a clutter

Begging for a meal

by Isabella McL 7M

CRAFTING

Year 10 are exploring and experimenting with elements to compose effective writing

The sun gleaming through the tall walls of the canyon, highlighting the intricate hair patterns of the cattle and the horses was our favourite thing.

I looked at her gazing at what we called a heavenly sight. It was as if she was frozen, she didn't blink, didn't move a muscle as if, as if she did she would disrupt the calmness of her surroundings.

My sister always looked contemplative or lost in her thoughts when she gazed at it all, so I guess, in a way, if she moved she would snap back into reality, which didn't seem to bring her much happiness.

by Emily H, Yr.10

Opening the fridge is always a disappointment.

Wanting to find a great meal to eat or even a snack never happens. Well it is hard when your dad is always farming and I'm working with a minimum wage at the town's grill plus we live 15km out of town. I'm usually the one who has to take care of all of that because my dad rarely leaves the house unless there is something to do with farming out of the town.

It has gotten a lot worse ever since my mum passed away. He doesn't want to see anyone mainly because they would bring her up in a conversation and say that they were sorry or what a nice lady she was. Honestly, it was starting to get on my nerves as well. That's why he spends most of his days out in the paddocks trying to fix up paddock fences but hasn't got very far with it.

by Ella V D, Yr 10

PHS SWIMMING CARNIVAL—COMPULSORY SCHOOL DAY

DATE: FRIDAY 21 February 2014

VENUE: Lane Cove Aquatic Centre

TIME: 8:55am - Roll call in the school quad

9:10am - Buses depart school

2:00pm - Buses depart pool

3:25pm - All students dismissed from school

COST: Carnival fee of \$30 (for 3 carnivals) will be included in school fees

WHAT TO BRING: *Lots of Energy and Enthusiasm*

Plus:

⇒ Sunscreen, hat, swimming costume, towel

⇒ Dry clothes, lunch and water bottle

All students must travel to and from the venue by bus.

Remember to wear your house colours

Novelty events to be run on the day

All parents are invited to come and cheer their son/daughter

Look forward to seeing everyone there

Mark Dailhou—Relieving Head Teacher PD/H/PE



PITTWATER HIGH SUMMER BIATHLON 2013

Another record number of competitors (125) from twelve different schools converged on Narrabeen Lake for the 28th edition of this popular event, comprising a 400m swim and 5km run. The event is open to the greater school communities of the mostly, Northern Beaches. Both boys and girls champions of 2012 successfully defended their titles in very competitive fields. Jackson B, 15yrs of Mater Maria College was first across the line in 23.45, defeating teams and adult competitors in doing so- a herculean effort.

Second across the line and first team, also featured Jackson, who completed the swim leg and tagged Nathan W, also of Mater Maria College. Third place was Simon F, a PDHPE teacher at Barrenjoey High, fourth place was Tommy M, an ex-student of Pittwater High, while another PDHPE teacher, Matt H of Mater Maria College was in fifth place.

Sophia B, 15yrs of Stella Maris College, not only defended her title, but again beat a host of male and female teams, and was 7th individual student overall - an outstanding performance. She had a time of 27.58. First girls team comprised Holly F and Jessica W, both 13yrs of Mater Maria College, who were the fourth student team overall, another phenomenal performance.

First PHS student was the talented David E (26.57), 16yrs, who was the fourth individual student in a very competitive field. Ella W, 14yrs, was the first PHS female and seventh female overall in an impressive time of 34.45. The first PHS team and third team overall, were Tyler A and Max S in an outstanding time of 25.41, especially considering Max only turned 12yrs in 2014. First PHS girls team consisted of Zara Harrison and Jordyn H, 15yrs, while the first PHS mixed student team was Lily C and Finn W, also 15yrs.

Student placings are summarised below:

OVERALL PLACINGS

Individual Boys

- | | | |
|----|-----------|---------------------|
| 1. | Jackson B | Mater Maria College |
| 2. | Ejay S | Barrenjoey High |
| 3. | Patrick F | Mater Maria College |

Individual Girls

- | | | |
|----|------------|-----------------|
| 1. | Sophia B | Stella Maris |
| 2. | Tilda B | Barrenjoey High |
| 3. | Maddison H | Barrenjoey High |

Male Team

- | | | |
|----|---------------------|---------------------|
| 1 | Jackson B/Nathan W | Mater Maria College |
| 2. | Jackson B/Gabriel J | Mater Maria College |
| 3. | Tyler A/Max S | Pittwater High |

Female Team

- | | | |
|----|----------------------------|---------------------------|
| 1. | Holly F/ Jessica W | Mater Maria College |
| 2. | Rhiannon MW/ Indiana MW | Manly Selective/Cromer PS |
| 3. | Brittany B/Holly D | Mater Maria College |

PITTWATER HIGH PLACINGS

Individual Boys

- | | |
|----|---------|
| 1. | David E |
| 2. | Matt S |
| 3 | Liam D |

Individual Girls

Ella W

Male Team

- | | |
|----|---------------|
| 1. | Tyler A/Max S |
| 2. | David E/Max Z |
| 3. | Liam D/Zac D |

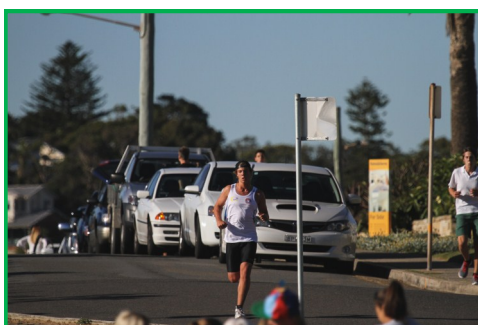
Female Team

- | | |
|----|---------------------|
| 1. | Zara H/Jordyn H |
| 2. | Isabella C/Tanika B |
| 3. | Millie K/Lucy McL |

Mixed Team

Lily C/Finn W

PITTWATER HIGH SUMMER BIATHLON 2013



PITTWATER HIGH SUMMER BIATHLON 2013 RESULTS

| Place | Time | Name | School | Age | Sex | Category |
|-------|---------|-----------------------|----------------------|-------|-----|--------------------|
| 1 | 23.45 | Jackson B/Nathan W | Mater Maria College | 15 | M | Student Individual |
| 2 | 24.23.5 | Jackson B | Mater Maria College | 15 | M | Student Team |
| 3 | 24.1 | Simon F | Barrenjoey High | 30 | M | Teacher Individual |
| 4 | 24.16 | Tommy M | Barrenjoey High | 27 | M | Adult Individual |
| 5 | 24.47 | Matt H | Mater Maria College | 43 | M | Teacher Individual |
| 6 | 24.51 | Jackson B/ Gabriel J | Mater Maria College | 15 | M | Student Team |
| 7 | 25.4 | Ejay S | Barrenjoey High | 15 | M | Student Individual |
| 8 | 25.41 | Tyler A/ Max S | Pittwater High | | M | Student Team |
| 9 | 25.43 | Patrick F | Mater Maria College | 15 | M | Student Individual |
| 10 | 26.2 | Adrian V D W/ Tom B | Cromer Campus | 47/21 | M | Adult Team |
| 11 | 26.23 | Jackson B/ Chris B | Mater Maria College | 15 | M | Student Team |
| 12 | 26.26 | Holly F/ Jessica W | Mater Maria College | 13 | F | Student Team |
| 13 | 26.27 | Ollie S/ Zac P | Freshwater Campus | 17 | M | Student Team |
| 14 | 26.26 | Sophie B | Stella Maris College | 14 | F | Student Individual |
| 15 | 26.28 | Patrick F/ Sam C | Mater Maria College | 15 | M | Student Team |
| 16 | 26.39 | Jackson B/ Matt H | St Luke's College | 15 | M | Student Individual |
| 17 | 26.57 | David E | Pittwater High | 16 | M | Student Individual |
| 18 | 26.58 | Jackson B/ Mark S | Mater Maria College | 15 | M | Student Team |
| 19 | 27.02 | Luke D/ Ryan P | Mater Maria College | 13 | M | Student Team |
| 20 | 27.08 | Harry T/ Aiden C | Mater Maria College | 13 | M | Student Team |
| 21 | 27.3 | Alex M | The Forest High | 15 | M | Student Individual |
| 22 | 27.3 | Charlie Y | Barrenjoey High | 14 | M | Student Individual |
| 23 | 27.58 | Sophia B | Stella Maris College | 15 | F | Student Individual |
| 24 | 27.58 | Rhianno M-W/Indiana M | Manly /Cromer PS | 13 | F | Student Team |
| 25 | 28.15 | Kye D | Mater Maria College | 16 | M | Student Individual |
| 26 | 28.17 | Liam T | Mater Maria College | 17 | M | Student Individual |
| 27 | 28.18 | Lily C/ Finn W | Pittwater High | 14 | F/M | Student Team |
| 28 | 28.51 | Ejay S/ Jake S | Barrenjoey High | 15 | M | Student Team |
| 29 | 29.17 | Brittany B/ Holly D | Mater Maria College | 15 | F | Student Team |
| 30 | 29.36 | Joshua D | Mater Maria College | 15 | M | Student Individual |
| 31 | 29.36 | Jackson B/ Mark S | Mater Maria College | 15 | M | Student Team |
| 32 | 29.37 | Tilda BI K | Barrenjoey High | 15 | F | Student Individual |
| 33 | 29.38 | Maddison H | Barrenjoey High | 15 | F | Student Individual |
| 34 | 29.56 | Khali N/ Caity McG | Cromer Campus | 13 | F | Student Team |
| 35 | 29.56 | Andrea M | The Forest High | 13 | F | Student Individual |
| 36 | 30.07 | Braedan B | The Forest High | 16 | M | Student Individual |
| 37 | 30.14 | Tom F | Mater Maria College | 15 | M | Student Individual |
| 38 | 30.2 | David E/ Max Z | Pittwater High | 16 | M | Student Team |
| 39 | 30.22 | Courtney Y | Mater Maria College | 14 | F | Student Individual |
| 40 | 30.38 | Joel S | Barrenjoey High | 31 | M | Adult Individual |

More results over page....

PITTWATER HIGH SUMMER BIATHLON 2013 RESULTS

| Place | Time | Name | School | Age | Sex | Category |
|-------|-------|-----------------------|------------------------|--------|-----|--------------------|
| 41 | 30.44 | Frida W | Mackellar Girls Campus | 15 | F | Student Individual |
| 42 | 30.53 | Adam H/ Gace H | Pittwater High | 43/ 13 | M/F | Father/ Daughter |
| 43 | 30.55 | Zara H/ Jordan H | Pittwater High | 14 | F | Student Team |
| 44 | 31.04 | Liam D/ Zac D | Pittwater High | 14 | M | Student Team |
| 45 | 31.55 | Isabella C/ Tanika B | Pittwater High | 14 | M | Student Team |
| 46 | 32.02 | Holly F | Mater Maria College | 13 | M | Student Individual |
| 47 | 32.02 | Mark D/ Harry SD | Pittwater High | | M | Teacher/ Student |
| 48 | 32.06 | Aimee K/ Poppy H-W | Freshwater Campus | 17 | F | Student Team |
| 49 | 32.18 | Michelle S/ Naomi P | The Forest High | 15 | F | Student Team |
| 50 | 32.18 | Catherine H/Kasey Cl | Mackellar Girls Campus | 14 | F | Student Individual |
| 51 | 32.44 | Brad F/Jack B | Mater Maria College | 14 | M | Student Team |
| 52 | 32.59 | Brad F | Mater Maria College | 14 | M | Student Individual |
| 53 | 33.1 | Jackson B/ Liam E | Mater Maria College | 14 | M | Student Team |
| 54 | 33.3 | Brad F/ Luke D | Mater Maria College | 13/14 | M | Student Team |
| 55 | 33.3 | Brad F/ Michael M | Mater Maria College | 13/14 | M | Student Team |
| 56 | 33.33 | Sam R | Pittwater High | | F | Adult Individual |
| 57 | 33.36 | Harry H | Pittwater High | 15 | M | Student Individual |
| 58 | 33.51 | Michelle S/ Megan D | The Forest High | 15 | F | Student Team |
| 59 | 33.52 | Lexi H/ Daisy Y | Bilgola Primary | 11 | F | Student Team |
| 60 | 34.06 | Matt S | Pittwater High | 13 | M | Student Individual |
| 61 | 34.14 | Millie K/ Lucy McL | Pittwater High | 15 | F | Student Team |
| 62 | 34.3 | Liam D | Pittwater High | 14 | M | Student Individual |
| 63 | 34.45 | Ella W | Pittwater High | 14 | M | Student Individual |
| 64 | 35.22 | Courtney C | Mater Maria College | 13 | F | Student Individual |
| 65 | 35.44 | Gemma G/ Allyssa D | Cromer Campus | 14 | F | Student Team |
| 66 | 36.4 | Charlie A | Barrenjoey High | 15 | M | Student Individual |
| 67 | 37.1 | Nick S | Pittwater High | 15 | M | Student Individual |
| 68 | 37.27 | Millie K/ Carol B | Pittwater/ B'Joey High | 15 | F | Student Team |
| 69 | 37.29 | Oscar S | Barrenjoey High | 15 | F | Student Individual |
| 70 | 37.3 | Max S-J | Barrenjoey High | 14 | F | Student Individual |
| 71 | 37.49 | Brad A | The Forest High | 15 | M | Student Individual |
| 72 | 37.58 | Ned S/ Olivia K | Pittwater High | 15 | M/F | Student Team |
| 73 | 38.08 | Jemima S/Claudia H | Pittwater High | 13/14 | F | Student Team |
| 74 | 38.17 | Robyn A/ Kelly A | Pittwater High | | F | Adult Team |
| 75 | 38.37 | Felicity D/ Caitlin D | Mackellar Girls Campus | 15/44 | F | Mother/ Daughter |
| 76 | 38.56 | Charlotte L | Mater Maria College | 13 | F | Student Individual |
| 77 | 39.55 | Mark D/ Sally S | Pittwater High | | M/F | Adult Team |
| 78 | 40.07 | Louis Alston | Barrenjoey High | 14 | M | Student Individual |
| 79 | 42.43 | Jud H/ Linda Y | Bilgola Primary | 43/50 | M/F | Adult Team |
| 80 | 42.55 | Levi S | Pittwater High | 13 | M | Student Individual |
| | 41.13 | Jud H/ Linda Y | Bilgola Primary | 44/51 | M/F | Adult Team |
| | 41.41 | Jack W | Barrenjoey High | 14 | M | Student Individual |
| | 49.4 | Caitlin D | Mackellar Girls Campus | 15 | F | Student Individual |
| | 41.55 | Elise S | Mackellar Girls Campus | 16 | F | Student Individual |
| | 51.4 | Alicia W/Jocelyn B | Pittwater High | | F | Adult Team |

CAREERS

Year 10 Work Experience:

Information is coming home this week regarding this program.

Please log onto “[My High School Careers](#)” website. PHS subscribes to this website which advertises current careers events. To log in: use “[parent](#)” or “[student](#)” then password “[mhs2013](#)”. You can also register for email alerts! The “Calendar” is great info!

For more general careers information, look at our Careers website by checking out www.careersworks.com, (the password was emailed earlier to students and parents but please email me if you don't have it). I would love some feedback on the above websites; please email me on jocelyn.bates@det.nsw.edu.au

Year 12 - UMAT Registration

Students completing their final year of high school and intending to apply for a course that requires a UMAT in 2015 are reminded that registration opened in December 2013 and won't close until 6 June 2014, at 5pm AEST. Students will sit the UMAT exam on 30 July 2014. See the Careers Adviser and go to <http://umat.acer.edu.au/> is the website to check which courses require a UMAT.

Jocelyn Bates, Careers Teacher

VALENTINES DAY

Love was in the Air!-Valentine's Day at Pittwater High

The Year 12 prefects created a fun filled and memorable Valentine's Day on Friday for the school. In the week prior to the day the prefects took orders for love song dedications, cards and roses. At morning assembly the prefects arrived in their romantic or fun costumes and delivered roses to students and teachers. Ryan M and Nick E conducted the assembly and we were thrilled to have Miss Cesta add to the romance of the day by singing and encouraging the school to join in. A special thank you to Ainslee E for co-ordinating the Valentine's Day activities, to Nick E for preparing and playing the love songs and with his deep voice, being “the love god.” A special thank you to prefects Molly Braddock and Neesha Weiss for baking two hundred cupcakes which were sold on the day.

The prefects were inspired by Meret Hassanen and Sophie Geeves who are challenging themselves in the “krazykosciklimb” to raise funds for the Cerebral Palsy Alliance. The girls, with their support teams, will set off from Charlotte Pass and walk to Mt. Kosciuszko on Saturday 22 February. The return trip is 18.4 kilometres. All profits from the day will support the girls fundraising appeal or you can go to <https://krazykosciklimb.gofundraise.com.au/> and donate to Team Meret or Team Sophie.

Thank you to the prefects for creating a wonderful day and for supporting Meret and Sophie raise much needed funds for Cerebral Palsy research.

Photos over page....

Sharon Behringer—HT HSIE



VALENTINES DAY



2013 ACCELERATED HOSPITALITY CLASS

The **Accelerated Hospitality** class of 2013 sat one of their HSC courses earlier than the rest of their year group. The class started their journey whilst they were in Year 10 and now have completed one of their five subjects in the lead up to their HSC in 2014.

As their teacher for the past two years I feel very proud of their final efforts as they received outstanding marks in a subject they clearly enjoyed. Their final marks resulted in 86% of the students obtaining marks in bands 4 and 5, with one student receiving a band 6.

All students should be proud of the efforts in both the theoretical and practical components of a VET course that also required them to participate in two weeks of mandatory work placement in the Hospitality industry.

Mrs Roulston—Classroom Teacher

YEAR 12 HOSPITALITY WORKPLACEMENT

Last week Year 12 Hospitality students had the chance to work in a number of quality restaurants, cafes and function centres across the Northern Beaches and Northern Sydney.

There were many great experiences, which included actually plating dishes which were served to customers, making desserts, cutting up bags and bags of vegetables, peeling kilos of prawns, washing and peeling fruit and preparing dishes from scratch.

Congratulations to all students who participated, we are very proud of your participation and dedication during the week. There are many tired students, with aching feet and legs from standing all day, every day. A couple of students commented that they intended to go home and complete school work, but they were so tired they fell into bed, and there was no chance of any work getting done until the weekend!

Well done to all the students who also were offered part time jobs after their experience, this shows that you were very valued by your employers!

We would like to thank the workplaces, they included Newport Arms Hotel, Pittwater RSL, Manly Wharf Hotel, Garfish (Manly), Miramare Function Centre, Camp Kedron, Stella Blu (Dee Why), Wild Clove (Mona Vale), Cromer Golf Club and Long Reef Golf Club.



Callum A and Daniel H at Garfish



Sarah D and Kaitlin N with
Alex Towning, head chef at Manly Wharf Hotel

Mrs James and Mrs Lagois

YEAR 12 HOSPITALITY WORKPLACEMENT CONT.



YEAR 12 CONSTRUCTION

Term 4 last year marked the start of the Year 12 Construction course.

The students completed a framework project and chose to manufacture a stepladder in class. Associated theory saw the class tackle Plans and Specifications of the building industry. A group work project followed with a picnic table, where the students had to work well in a team in order to achieve success. All of the projects are designed to challenge the students and allow them to practice and develop skills. The class is really starting to learn what they are good at. Levelling activities have been the focus more recently, giving the students a basic knowledge of an essential part of building and construction.

The students are looking forward to their upcoming workplacement.

Miss Carolyn Samojlowicz (VET Construction, HT TAS)

MELGES 24 AUSTRALIAN AND WORLD CHAMPIONSHIPS

Year 11 student Harley W returned home recently after competing in the 2014 Melges 24 (One Design sailing class) Australian Championships followed by the 2014 Melges 24 World Championships 27 January – 2 February 2014 in Geelong Victoria.

Harley was one of five crew members onboard [Kaito/Northshore Marine](#) skippered by Australian sailing gold medalist Nathan Wilmot. [Kaito/Northshore Marine](#) placed sixth in the ten race Australian Championship series, the first Australian boat, they repeated the result to place sixth in the eleven race World Championships, again first Australian boat.

Teams travelled from the USA, Japan, Canada, Italy and around Australia to compete in the inaugural Southern Hemisphere Melges 24 World Championships.

Harley's competition included local boat [Roger That](#) whose crew consisted of renowned Pittwater High School sailing stock from the early eighties, Cameron Miles, Craig Pocklington and James Major. [Roger That](#) placed first in the Corinthian (non professionals) division in the World Championships.



PHS BAND REGISTRATION

FOR ALL INSTRUMENTAL MUSIC ENQUIRIES PLEASE CONTACT TEACHER LIAISON OFFICER,
DR MARTIN HARDY AT PITTWATER HIGH SCHOOL ON 9999 4035



STUDENT NAME: _____

ADDRESS: _____ Postcode: _____

PARENT/GUARDIAN: _____

EMAIL: _____

HOME PHONE: _____ MOBILE PHONE: _____

Do you give permission for your phone number and email to be circulated to other Band members? Yes/No (circle)

Student's Age: _____ Academic Year: _____ Band(s) _____

Instrument Played: _____ Other Instrument(s) _____

Do you hire instruments from PHS? If Yes, Instrument: _____ Model: _____

Registration No: _____ Date of initial receipt of instrument: _____

Date of last service: _____ Name of Tutor: _____

Name of sibling(s) in the Band: _____

Medical information of significance during rehearsals: _____

Fees:

Level 1 Ensembles: Concert, Symphonic, Symphony Orchestra, Strings

Level 1 Ensemble Fees for 2014: \$336* (Year 12—\$300)

* Siblings Discount (10%): \$290

Level 2 Ensembles: Stage Bands 1 and 2, Senior Strings (Extension)

Level 2 Ensemble Fees: \$100 (in addition to Level 1 Ensemble Fees)

Where a student plays in more than one Level 1 or 2 Ensemble, no further fees are payable

The fees cover the Directors' fees, music and competition expenses

You can register your form by emailing it to the Treasurer: icycold@outlook.com

How to Pay: Cash or cheque

Direct Deposit to: Commonwealth Bank—Pittwater High School Band Committee, BSB: 062 205 Account No: 0009 0109
quoting your child's name; emailing payment notification to Rick Elliott: icycold@outlook.com

MUSIC NEWS

TERM 1 WEEK 4

PERFORMANCE & MEETING DATES



| Term 1 – Rehearsals/Meetings | Day | Time/ Place | Ensembles |
|------------------------------|--|--|---|
| 4 March 2013 | Tuesday Please arrive at least 15 minutes before your performance starts. | School Hall 5.45 – 6.00 6.00 Start 6.30 Start | - Strings - Symphonic - Both Stage Bands |
| 8 April 2013 | Tuesday | 7.00 School Hall | Concert & Symphonic only |

| | | | |
|---------------------------|------------------|---------------|-------------------|
| Symphony Orchestra | Monday, 17 Feb | 4.00 – 5.00pm | Performance Space |
| String Ensemble | Monday, 17 Feb | 5.15 – 6.15pm | Performance Space |
| Junior Stage | Tuesday, 18 Feb | 7.30 – 8.40am | Performance Space |
| Concert Band | Tuesday, 18 Feb | 2.45 – 4.00pm | Performance Space |
| Symphonic Band | Tuesday, 18 Feb | 4.15 – 5.45pm | Performance Space |
| Senior Strings | Wed'day, 19 Feb | 7.30 – 8.40am | Performance Space |
| Concert Band | Thursday, 20 Feb | 7.30 – 8.40am | Performance Space |
| Senior Stage | Friday, 21 Feb | 7.30 – 8.40am | Performance Space |

Car Pooling: Urgent help for Thursday mornings to pick up Sidney and Sharon Nobs for Concert Band Rehearsal and Tuesday morning for Sharon to get to Junior Stage Band. Does anyone pass by Elimatta Rd (nr Police Station), who could collect them? If you can help, tel Helena on 0417 434 547. Thanks.

CONTACTS:

Secretary Joanne Gwatkin-Williams: joanne@thevastydeep.com or 0437 408 801;
Treasurer Rick Elliott: icycold@outlook.com or 0400 461 941;
Uniform Geri Bergstein: geribergstein@hotmail.com or 0407 602 795;
Canteen Kim Jeffreys: kimjefferys@optusnet.com.au or 0422 002 519.
Ensemble parents: **Concert:** Elizabeth Gardner elizgard@tpg.com.au or 0414 704 812;
Symphonic: Anne Connors bcmcycles@bigpond.com or 0415 255 498;
Strings: Grace Marshall grace.marshall@ioof.com.au or 0408 811 066;
Junior Stage: Julie Rodgers j.l.rodgers@bigpond.com or 0438 635 048.
Senior Stage: Allison Meadows meadows2@iinet.net.au or 0412 564 674
Orchestra: Caroline Cady cazcade@outlook.com or 0425 221 582
Band Captains: Patricia Gwatkin-Higson and Yannick Barford

TERM 1 PEER SUPPORT

Peer Support has been running successfully this term at Pittwater High. Our weekly sessions have been full of activity and information which the Year 7 students have found both valuable and enjoyable. To date, the main message of Peer Support is to encourage participation, get to know who is in their year group and to be ready and prepared for secondary school. The Peer Support leaders have reported some excellent feedback from their groups and will continue to have weekly meetings until week 11. After that, formal sessions will cease, however we encourage the friendships formed between the Year 7's and their leaders to continue well into the year and beyond. The Year 7 students are welcome to talk to their leaders at any time and to share their concerns and experiences, or just to say "hello".

The welcome BBQ lunch on the first day of school saw many students mingling for the first time as a year group. The beautiful sunshine and pleasant surrounds of the Year 7 area provided the perfect opportunity to sit with some new students and make new friends.

Peer Support is a wonderful opportunity for building friendships and support networks between students. It is also a rewarding and valuable way for the leaders to develop their leadership skills. A big "thank you" to the Year 10 Peer Support Leaders who willingly give of their time to help guide the younger students in a fun and supportive group environment.

Mrs Lagois
Peer Support Coordinator



NSW SCHOOL-BASED IMMUNISATION PROGRAM

NSW SCHOOL-BASED IMMUNISATION PROGRAM

Each year NSW Ministry of Health offers the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school – based vaccination program.

In 2014 the following vaccines will be offered:

- Varicella (Chickenpox) vaccine - 1 dose for all Year 7 students who have **not** previously received Varicella vaccine or had chickenpox disease.
- Diphtheria, Tetanus and Pertussis (Whooping cough) vaccine - 1 booster dose. This dose was previously recommended at 15 years of age. Your child will only be offered this vaccine in Year 7.
- HPV vaccine (Human Papillomavirus) - a 3 dose course. The vaccine will be offered to Year 7 male and female students and Year 9 male students as a 3-dose course over the school year. Students who commence HPV vaccination in Year 7 at school but do not complete the course will be offered catch-up doses at school in Year 8.

Parent Information Kits will be sent home to parents/guardians. To consent to the vaccination of their child, parents/guardians are advised to read all the information provided, complete the Consent Form and return it to their child's school. Please ensure the child eats breakfast on the day of the school vaccination clinic.

Parent/guardians who wish to withdraw their consent for any reason may do so in writing to the School Principal. The Procedure for withdrawal of consent is on the NSW Ministry of Health website at www.health.nsw.gov.au/immunisation

To improve vaccination completion, students will be opportunistically offered any missed doses throughout the year where possible.

Please note that for HPV vaccine only, parents/guardians must record their Medicare Number (all 10 digits and the 11th number beside the child's name) on the Consent Form, as this is required to record the student's information on the National HPV Register and for female students only, link to the National or State Cervical Screening Program.

A Record of Vaccination will be provided to each student vaccinated at the clinic. Parents / guardians should ensure that this record is kept for future reference and should not assume that their child has been vaccinated if they do not receive this record of Vaccination.

ADOLESCENT SCHOOL VACCINATION PROGRAM 2014

Visit 1: 20 March

Visit 2: 22 May

Visit 3: 23 October

We are also offering catch up HPV vaccine to those Year 8 students who commenced but did not finish all 3 doses while in Year 7.

Year 7 will be offered the following vaccines:

- ◇ HPV (3 dose course)
- ◇ dTpa (Boostrix) single dose
- ◇ VZV (Chicken Pox) single does

Year 9 boys will be offered the following vaccine:-

- ◇ HPV (3 dose course) following the sme visit schedule as year 7.

We are also offering catch up HPV vaccine to those Year 8 students who commenced but did not finish all 3 doses while in Year 7.

Visit 1:

20 March 2014
HPV (dose 1)
Year 8 catch up for HPV

Visit 2:

22 May 2014
HPV (dose 2)
dTpa (Boostrix)

Visit 3:

23 October 2014
HPV (dose 3)
VZV (Chicken Pox)

- ◇ The catch up for Hepatitis B is no longer being offered in the school program

All Year 7 students and Year 9 boys will be bringing home forms to be completed and returned to the school prior to the first clinic visit.

PITTWATER HIGH SCHOOL UNIFORM SHOP ORDER FORM

DATE _____ Order Taken By (Internal Use): _____

STUDENT'S NAME _____ ROLL CALL: _____

CONTACT PHONE NO's (Home): _____ (Parent Mobile) _____

| | Item | Sizes | Price | Order Details | | |
|-----------------------|---|---------|-------|---------------|-----|-------------|
| | | | | Size | Qty | Total Price |
| GIRLS | Junior Tartan Tunic – Summer | 6-22 | 69 | | | |
| | Junior Tartan Skirt – Summer | 6-22 | 40 | | | |
| | Junior Tartan Skirt –all year round | 4-18 | 60 | | | |
| | Junior Blue Short-Sleeved, Pintucked Blouse | 10-22 | 27 | | | |
| | Junior & Senior Long Black Pants – Winter | 4-16 | 20 | | | |
| | Senior White Short-Sleeved Blouse with Maroon Piping, PHS Embroidered | 8-22 | 30 | | | |
| | Senior Grey, Front Pleated Skirt – Summer and Winter | 8-22 | 60 | | | |
| BOYS* | Junior Maroon Polo Shirts with PHS Emblem | 10-26 | 30 | | | |
| | Junior & Senior Grey Surf Style Shorts | XXS-5XL | 39 | | | |
| | Junior Midford Grey Elastic Waist Shorts | 12-18 | 25 | | | |
| | Senior White Collar Short-Sleeved Button Shirt | 16-26 | 30 | | | |
| | Senior Maroon School Tie with PHS Embroidery | 16-26 | 22 | | | |
| UNISEX | Maroon Fleecy Zippered (Hoodie) with PHS Embroidery | XXS-XXL | 50 | | | |
| | Junior Maroon Sweatshirt (Sloppy Joe)PHS Embroidery | 12-22 | 29 | | | |
| | Junior Grey Woollen "V" Neck Jumper | 10-18 | 70 | | | |
| | Senior Maroon Woollen "V" Neck Jumper with PHS Emblem | 10-24 | 75 | | | |
| | Senior Maroon School Blazer with PHS Emblem | 14-24 | 110 | | | |
| SPORTS UNIFORM UNISEX | Maroon Microfibre Shorts PHS Logo | XS-XXL | 35 | | | |
| | Maroon Knit Short PHS Logo | 12-16 | 25 | | | |
| | White Polo Shirt with PHS Emblem | 10-24 | 30 | | | |
| | Navy Microfibre Tracksuit Pants | 12-XL | 45 | | | |
| | Navy Microfibre Tracksuit Zip Up Top with PHS Emblem | 12-XL | 45 | | | |
| | PHS Maroon Rugby Shorts | XS-XL | 25 | | | |
| | Maroon and White Long Rugby Socks | | 10 | | | |
| OTHER | Scientific Calculators | | 33 | | | |
| | Portable USB 2GB | | 4 | | | |
| | Black Winter Stockings – Girls | S,M,L | 9 | | | |
| | Year 7 book pack (inc. scientific calculator) | | 75 | | | |
| | Year 8 book pack | | 50 | | | |
| TOTAL AMOUNT TO PAY | | | | | | |

NAME OF CARDHOLDER: _____ (exactly as shown on card)

Card No: _____/_____/_____/_____

Expiry: ____/____/____ CCV No: _____ Total Amount \$ _____

Signature: _____ Date: _____

Please CIRCLE method of payment **CASH** **CHEQUE** **EFTPOS** Credit Card – **MASTERCARD** / **VISA**

- EFTPOS facilities available - 1% surcharge on credit card purchases
- Cheques are to be made payable to "Pittwater High School Uniform Shop" and have a 5 day clearance hold on items purchased.
- All orders must be accompanied with payment and put in an envelope, clearly marked "Uniform Order", and placed in the Red Box in A Block or given to a supervisor in the canteen. Collect uniforms during opening times.
- A selection of second hand uniforms are available for purchase at reduced prices
- The Uniform Shop is open every Tuesday and Thursday from 8.15am to 11.15am, and located at the far end of the Canteen – enquiries 9979 6968 or contact the Uniform Shop manager Kim Gobbe.

Experience Your World

Live and study overseas



with new friends

at school

with host family

APPLY NOW FOR YOUR 2014 OVERSEAS EXCHANGE PROGRAM

FRANCE U.S.A. ENGLAND GERMANY ITALY JAPAN SPAIN DENMARK
SWEDEN HOLLAND FINLAND NORWAY IRELAND CHINA MEXICO ARGENTINA

Southern Cross Cultural Exchange

INFORMATION SESSION

TUESDAY 18 FEBRUARY 2014 @ 7 PM

MELBOURNE Conochie Hall
2 Rochester Rd
Canterbury

SYDNEY Lane Cove Library
Library Place
Lane Cove

ADELAIDE Marion Cultural Centre
287 Diagonal Rd
Oaklands Park

BRISBANE Brisbane Girls Grammar
70 Gregory Terrace
Brisbane

- BEST TIME TO GO
- WHICH COUNTRY
- PROGRAM LENGTH
- SELECTION

- LEARN ABOUT
- PREPARATION
- SUPPORT
- LIVING AS A LOCAL
- SCHOOLING

- HOST FAMILY
- RESULTS
- FEES



www.scce.com.au 1800 500 501 scceast@scce.com.au

Fact Sheet

Phone: (03) 9775 4711
Toll-free: 1-800-500-501
Fax: (03) 9775 4871
email: scceast@scce.com.au
Postal Address
Locked Bag 1200
Mt Eliza, Vic. 3890
14 Handelagh Drive
Mt Eliza, Victoria, Australia



Southern Cross Cultural Exchange Ltd. (S.C.C.E.) is a not-for-profit professional organisation specialising in international educational exchange programs. S.C.C.E. has exchanged over 16,700 students with 20 countries since 1983 when the organisation was founded in Australia with the following stated purpose:

- * To further tolerance
- * To challenge youth towards international understanding
- * To challenge youth towards further learning
- * To enhance self-knowledge and awareness.

THE ORGANISATION:

- Founded and based in Australia as the first home-grown international student exchange organisation.
- Incorporated in 1983 with the National Office in Melbourne, Victoria.
- Represented also in Sydney, Adelaide, Brisbane and Perth by professional staff.
- Over 8600 Australian students have gone on S.C.C.E. programs.
- Over 8100 international students have been hosted by Australian families.
- Approved and registered with Australian federal and state Education Departments.
- Recognised by the Immigration and Education authorities in relevant countries.
- First Australian organisation to be accepted as a member of the Federation of International Youth Travel Organisations, later amalgamated as World Youth Student & Educational Travel Confederation.
- Excellent worldwide reputation and recognition for high standard of quality programs.
- Regular reviews of performance of country-exclusive international affiliate organisations.

THE STAFF:

- Professionals from the fields of cross-cultural exchange, education, and travel.
- Affiliated organisations overseas have been selected because of their capacity to provide the best program components, students, and host families in a given country.
- The overseas affiliate organisations are contracted exclusively with S.C.C.E. regarding exchange to and from Australia. S.C.C.E. does not use agents.
- Staffs are available on a 24-hour basis. Through S.C.C.E. experience in the field, a network of professional exchange organisations is available worldwide.

PROGRAMS:

- For the age group 15-18, programs varying from 6 weeks to ten months are offered to 17 countries.
- All programs include voluntary host families, school attendance, compulsory orientation, one student to a host family, and special insurance.
- Group exchange programs, 3-6 weeks, are arranged for several Australian schools or available annually.
- S.C.C.E. Australian students travel on Singapore Airlines to all destinations other than the Americas. This allows daily "best" services for all Australian students. Transportation to and from the host community is also included in the fee.
- A variety of host families throughout Australia are welcome to share their daily lives with compatible students from one of the countries listed below.
- S.C.C.E.'s financial support comes from the program fees.

ORGANISATIONAL FEATURES:

- Ability to respond to needs of Australian educators regarding intercultural exchange.
- High standards for student selection, preparation, and support.
- Worldwide network of professional support for 30 years.
- Ability to innovate, diversify, and adapt programs and procedures, as necessary.
- Programs reflect the needs and values of Australian students, families, schools.

AFFILIATED COUNTRIES:

ARGENTINA AUSTRIA CHINA DENMARK ENGLAND FINLAND FRANCE GERMANY HOLLAND
IRELAND ITALY JAPAN MEXICO NORWAY SPAIN SWEDEN U.S.A.

January 2014



Teaching someone
to drive can be a
happy experience.

You can learn all the
simple steps on how
to teach a learner
driver at a FREE two
hour workshop.

The next workshop in
your area will be held:

| | | |
|----------------|--|--|
| Time and date: | Tuesday 18 February 2014 6.30 - 8.30pm | Thursday 20 February 2014 6.30 - 8.30pm |
| Venue: | Pittwater Council Mona Vale Library Park Street, Mona Vale | Warringah Council Chambers Civic Centre 725 Pittwater Road, Dee Why |
| Book now on: | 9970 1196 or michelle_carter@pittwater.nsw.gov.au | 9942 2447 or roadsafety@warringah.nsw.gov.au |

Helping learner drivers
become safe drivers



Mindfulness based CBT group for busy little minds

<http://www.mindinaction.com.au/kidsworkshops>



A group course designed to cultivate attention, impulse control and reduce anxiety in kids through using mindfulness based cognitive therapy for children and active skill building

"this program teaches kids awareness & gives them the practical tools to help them through life's struggles in a fun and interactive way"

Kick off the school year right! Currently running for year 5 & 6 + year 7 & 8. See the web-site for start dates. Run by registered psychologists

This program focuses on increasing awareness, concentration & attention, emotional resilience, as well as reducing anxiety, anger, stress & maladaptive behaviours. There is also a parent support component so you can be involved in the process and learning too.

Methods used include active Mindfulness based cognitive therapy, cognitive skill building as well as parenting support for these issues. This is all practiced in a fun and active way using games and exercises to keep kids motivated and learning skills that will be useful for them in the real world.

12 week group program is \$480

Medicare rebates are often available for group and individual sessions if you are referred by your GP or paediatrician

For more information see our webpage <http://www.mindinaction.com.au/kidsworkshops> or to register your child please email Tania Pickering at info@mindinaction.com.au



The Early Eagles Program provides a host of development skills that address the needs of players wanting to reach the next level.

The program will start on Wednesday 12 February and runs until 9 April.

ENQUIRIES: MWBA—9913 3622

Session time 6am—7:30am @ NBISC

Cost is \$100 per program

The Early Eagles Program will give advanced players an opportunity to work on specific individual target areas and improve their skill level in: shooting, ball-handling, footwork, fitness, athleticism, one-on-one moves and defence. Each session is designed to enhance the overall strength, power, speed, quickness and conditioning of each athlete.

Jack B in Year 8 achieved a third place in the Gold Medal (a play off for all the years' medal winners) at Monash Golf Club on the weekend of 2 February with a net score of 71 or 1 under par.

Congratulations to Jack for being such a wonderful golfer and I am sure this quiet young man will be winning Australian Opens very shortly.



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Victoria E. Lockhart BA (Hons), Dip.Ed. Q.T.S - Drama & English Teacher and Tutor

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CANTEEN

Wednesday 19 Feb; Anne Carolan, Giovanna Graziano, Martha Leonard, Nicole Graham

Thursday 20 Feb; Jodi Williams, Carolyn Helm, Robyn Stonnell, **Helpers needed—please call canteen to confirm**

Friday 21 Feb; Rowena Kempton, Claire O'Brien, Lana Mares, Natalie Isaacs

Monday 24 Feb; Jenny McDowell, Katie Scharkie, Selena Webber; **Helpers needed—please call canteen to confirm**

Tuesday 25 Feb; Natasha Zani, Gloria Hardman, Myra Tremi; **Helpers needed—please call canteen to confirm**

Wednesday 26 Feb; Fiona Griffith, Lara Floyd; **Helpers needed—please call canteen to confirm**

Thursday 27 Feb; Glenda Hanks, Karen Shapcott, Sheridan Femia, Katrina Mellon

Friday 28 Feb; C Marshall, Sandra Avedissian, Rachael Pinner, **Helpers needed—please call canteen to confirm**

Monday 3 March; Leisa Stranack, Diana Shanks, Miriam Bookey, Janet Howard

Tuesday 4 March; Helena Nobs, Simone Allan; **Helpers needed—please call canteen to confirm**

If you are unable to make your rostered day please try to arrange a swap or advise canteen managers Lisa/Katrina (ph 9999 4035).

With the new 2014 year we have the following days available: 4 Mondays; 5 Tuesdays; 2 Wednesdays; 3 Fridays

If any parents, friends, family or grandparents to the school are able to assist on any of these days please let me know.

A full day is 9am to 2:30/3pm; a half day is 3 hours

Penny Winterbottom; Canteen roster co-ordinator;
Pennywinterbottom1@hotmail.com; 0432 679977